



The science & art of living the way nature intended

The Bond Briefing

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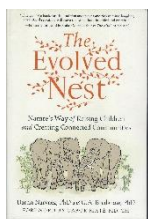
RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

Book Review V: The Evolved Nest – Dr Darcia Narvaez. **Human Behavior:** Enforcing Social Norms – Bystander support crucial. **Our Food Supply:** Egg production types. **Misleading Headline Watch:** “Parasitic worms ward off obesity & Diabetes. **Hints:** Exercise alone for best results. **News Shorts:** Happiness doesn’t cost much; Ancient Peru forager plant diet; Males born to obese moms have health issues as adults; Omega-3 oils slow deadly pulmonary fibrosis; Obesity deadlier than thought; Prostate cancer – Exercise helps..

Book Review (part V)

'The Evolved Nest' by Dr Darcia Narvaez

Continuing from [last month](#): Babies (of many species) are born into an intricate web of support. Modern societies have largely lost this to the detriment of their children's well-being, and social integration.



Narvaez opines that: “Abstract theorizing ends up substituting for real life understanding and that according to Darwin: sexual, parental, social instincts lead to a moral sense.”

Setting all this aside, what are Narvaez's buried messages for “nesting” new-borns today?

That the mother is the primary carer assisted by other, mostly female carers. She needs this community support.

That putting babies into child-care is unhealthy. It leads to ‘insecure attachment’ which has “become culturally normative.”

Finally, Narvaez opines that “Humanity used to be universally well integrated with Nature, the rhythms of Earth, moon, sun, animals, and plants, in a particular locale. Our humanity was nurtured by our integration with these systems and our ability to live, and dynamically change, with them. Although humanity's evolved nest is critically important in the first five years of life for brain-body-mind foundations, it is also important for supporting our humanity *throughout* life. This means that even adults > p4

Human Behavior

Enforcing Social Norms: Bystander Support Crucial



Feet on Seats. Cr. Alamy

<https://bit.ly/3vAZrWj>

Do you feel moral outrage at the sight of someone on a public bus putting their shoes on the seat? If so, would you say something to them?

Some people would... -- but most would say nothing. We talked about this in **Enforcing Social Norms, June 2018** [1]

Now three studies find that witnesses to anti-social behaviour must speak up to support the lone voices of people who confront it to reduce the risk of such behaviour becoming tolerated in society [2].

They say that when bystanders step in to support someone who is calling out mistreatment or harmful behaviour it sends a strong message to onlookers that this behaviour is unacceptable, helping to prevent a gradual erosion of social norms.

Conversely, staying silent, or changing the subject to avoid awkwardness, can be interpreted by others as a lack of agreement and undermines the efforts of the confronter.

The research shows bystander actions are pivotal in helping or hindering efforts to address anti-social behaviour. > p 4

Our Food Supply

Egg Production Types



Pasture-raised eggs [3]

<https://bit.ly/4ayZuAN>

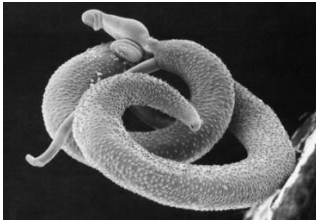
Eggs are an important part of the Paleo diet but, ideally, they should be produced as closely as possible to the way they are produced in a state of nature (image above).

In [Deadly Harvest, Chapter 5](#) [4], p 129, and in [#Bondbriefing April 2007](#) [5], I cite Artemis Simopoulos' study on eggs from chickens scratching around in a farmyard: “on the Ampelistra farm in Greece, purslane (rich in omega-3 oils) is plentiful and grows wild; the chickens make a feast of it, along with insects and lots of fresh green grass. In addition, they are fed with fresh and dried figs, barley flour, and small amounts of corn...” [6]. The nutritional value of these eggs was vastly superior to supermarket eggs, particularly being rich in omega-3 oils.

In USA, the closest that is commercially available are “Pasture-raised” eggs. The chickens must have “humane conditions” and be given a minimum of 108 square feet each to roam outdoors. One brand comes from Vital Farms. They even show a video of the chickens ranging in the pastures here: <https://bit.ly/3PJ9oYC>
> p 4

Misleading Headline Watch

"Parasitic Worms ward off Obesity & Diabetes"



Schistosoma mansoni, Credit [7]
<https://bit.ly/3THcGgb>

Foragers have gut worms like hook-worm, that are living in a mutually beneficial relationship with them – see studies on the San bushmen [8]. So, when I saw this headline to a scientific press release, I thought this would be an interesting addition to the literature on the subject. Here is a small selection of my articles: **Type I Diabetes: Gut Worms**, [Sept 2011](#) []. **Worms are good for you**, [Nov 1999](#) [9]. **Gut Worms Boost Immune System**, [April 2016](#) [10].

Now not so fast. The worm in this study, *Schistosoma mansoni*, is not a parasite of the guts, but a parasite of the **BLOOD**. It infests veins near the intestines causing the nasty disease of Bilharzia.

So, what is the point of the study? The chief finding is that the parasite triggers genetic changes in immune white blood cells known as macrophages. This is where the misleading headline comes in: these changes help suppress atherosclerosis, diabetes and obesity. The final objective is to identify the chemicals triggered by *Schistosoma mansoni* so that they can be used medically without the inconvenience of contracting Bilharzia.

Hints & Tips

Exercise alone for best results

A study from Singapore finds that older couples who exercise together achieve lower physical activity levels than those who exercise alone [11]. The participants were aged 54 to 72 and had been together for at least 30 years.

The researchers opine that: "This suggests that the study participants have well-established routines that

do not necessarily include exercising with their spouse. For these couples, changing daily habits could require a major reshuffling of set habits and routines ingrained in their family life after years of marriage."

The study also found that those participants who were fitted with activity monitors achieved higher levels of physical activity than those without.

That is, personalized feedback "highlights the discrepancies between people's current and desired state of physical activity." And: "Receiving feedback that they have hit their targets also allows them to believe in their ability to reach the goal, which results in continued motivation towards a physically active lifestyle."

My View? Some of my older readers, who remember the days of hitch-hiking, will remember the adage that: "He travels further who travels alone."

News Shorts

Happiness doesn't cost much

Indigenous peoples around the world are leading very satisfying lives despite having very little money. So finds a study of some 19 small-scale communities of forager/gardeners earning on average less than \$200 per person per year [12]. They have remarkably high levels of life satisfaction, comparable to, and even exceeding, most peoples in wealthy countries.

How can this be? The researchers suggest that factors such as family, social support, spirituality, and connections to nature are important.

My View? For 99% of human history, our hunter-gatherer forebears lived without money at all. It is not surprising if they were the ones who are well adjusted to their environment and that we, with our alienation from nature, and our artificial lives, are the ones who are out of sorts.

Indeed, as Daniel Everett, missionary to the Pirahã tribe of hunter-gatherers in the Amazon, relates: "I would go so far as to suggest that the Pirahãs are happier, fitter, and better adjusted to their

environment than any Christian or other religious person I have known". See: **Childhood: Forager Indulgent or Modern Discipline? Part II**, [Oct 2011](#) [13].

As for the findings of this latest study, we have been here before, see: **Well-being: social fabric more important than economic factors**, [March 2019](#) [14].

There the researchers found that "well-being is much more to do with the social fabric: fairness, freedom, absence of corruption, generosity and social support."

See also: **Life Strait-jacket: Break Free!** [April 2017](#) [15]. **Myth & Ritual, Deadly Harvest**, [Ch 8](#) [16], p 221.

Ancient Peru forager plant diet

I was interested in a study led by Prof. Randy Haas, Department of Anthropology, University of Wyoming, Laramie, WY. [17]. He and his team analyzed the bones of the first humans to populate the High Plateau of Peru some 9,000 years ago.

Their findings suggest that these early foragers were living on a mainly plant diet quoting a ratio of some 80% plant food to 20% animal matter.

In an email exchange with Prof. Haas, I elucidated that this ratio was calculated by **CALORIES**, whereas I, and most other sources, use a ratio based on **WEIGHT**.

When converted to a weight basis, this ratio becomes even more extreme – about 90% plant matter to 10% animal matter.

Further analysis suggests that the plant food was mainly wild potato, and the animal matter was mainly 'camelids' like alpaca and vicuña.

My View? These peoples were living in a barren plateau at an extreme altitude of some 12,300 feet (3,700 meters). It seems that that there was not much else to eat up there apart from potatoes - the condition of many other deprived peoples in more recent times such as Irish and Russian peasants. So not the recipe for a healthy diet.

In contrast, our model forager, the !Kung San, had hundreds of plants to

chose from and dozens of animals, birds, eggs, and fish.

Their ratio of plant food to animal matter **BY WEIGHT** is around 80% to 20%. [See: **The San Food Supply, Deadly Harvest, Chapter 1** [18], page 17] That works out at some 67% to 33% **BY CALORIES**.

So, at a ratio of 80% to 20% **BY CALORIES**, ancient Peruvian, high Andes foragers, with their potato-heavy diet to boot, are not a good example to follow.

Males born to Obese Moms have health issues as adults

Males born to obese women are more likely to be overweight at birth and develop metabolic complications in later life, including liver disease and diabetes. So finds a study from University of South Australia [19].

Male fetuses lap up excess testosterone resulting from an obese pregnancy. This distorts liver function leading to vulnerability to metabolic disorders as an adult.

Meanwhile, female fetuses exposed to excess testosterone are wired to switch off its pathway in the liver, and so avoiding the risk, from this cause at least, of metabolic disorders in female adulthood.

My View? For 99% of human history, obesity was unknown. See: **The State of the San's Health, Deadly Harvest, Chapter 1** [20], page 18. The natural state for humans is to be skinny. If they are not, things go wrong. Practising the Paleo lifestyle like we say will help you get there.

I have written dozens of articles about the harms of obesity. Here are a few of them: **Pregnancy Weight Gain Decides Baby's Future Obesity, June 2007** [21]; **Obesity is shifting Cancer to Young Adults, Dec 2018** [22]. **Child Obesity Time Bomb, March 2004** [23].

Omega-3 oils slow deadly pulmonary fibrosis

A study finds that higher levels of the omega-3 fish oils EPA & DHA in the blood slows the progress of pulmonary fibrosis [24].

Pulmonary fibrosis is an irreversible lung disease where lung tissue becomes damaged giving difficulty in

breathing. Mostly the cause is unknown although smoking can make it worse.

The researchers don't know what it is about omega-3 oils which have this beneficial effect.

My View? Western diets are chronically inflammatory and, consequently, are a fundamental factor in a host of degenerative diseases. Omega-3 oils quench inflammation and so it is not surprising if they have a beneficial effect on enigmatic degenerative diseases like pulmonary fibrosis.

The ancestral diet was rich in omega-3 oils, and low in the inflammatory omega-6 oils, see: **Fatty Acids and the Ancestral Diet, Deadly Harvest, Ch 4** [25], p. 105.

Modern diets have reversed this ratio, which is mainly why they are inflammatory. As a reminder, we need to up our intake of, preferably, oily fish like salmon, sardine, and mackerel (at least one portion a day).

Vegetarians have a less satisfactory alternative in omega-3 oils like rapeseed (Canola), flax, and hemp. These are less satisfactory since the body has difficulty in converting them into EPA & DHA.

In parallel we need to drastically **REDUCE** our intake of omega-6 seed oils like sunflower, safflower, corn (maize), and peanut.

Obesity deadlier than thought
Excess weight or obesity boosts risk of death by anywhere from 22% to 91% -- significantly more than previously believed -- in contrast the risk of death from being slightly underweight has been exaggerated, according to Colorado University, Boulder, research [26].

The findings challenge prevailing wisdom that excess weight boosts mortality only in extreme cases.

The statistical analysis also shines a light on the pitfalls of using body mass index (BMI) to study health outcomes, providing evidence that this go-to metric can potentially bias findings. After accounting for those biases, it estimates that some 1 in 6 U.S. deaths are related to excess weight or obesity.

The conventional statistics, have several flaws according to the study: a) those who had been categorized as healthy weight had been obese in the previous decade, b) a lifetime of obesity can lead to degenerative disease which cause weight loss, c) those who are heavily muscled (like Tom Cruise in some movies) will have a high BMI (Body-Mass Index) without actually being obese.

My View? Away with all these musings! For 99.9% of human history no one was ever overweight let alone obese. The body is not designed to handle obesity, so it is not surprising if it malfunctions.

Prostate Cancer: Exercise helps

Men with low fitness levels could cut their risk of prostate cancer by 35% if they improve their fitness levels by just 3% a year over 7 years, compared to those who did not, according to a Swedish study of some 57,000 men, average age 41 and BMI 26 (slightly overweight) [27].

For men who already had high fitness levels and stayed that way, there was no change in their low risk of prostate cancer.

My View? Compared to the research on breast cancer and its prevention, the research on prostate cancer is pitiful, see: **Prostate Research Deficit, Jan 2011** [28].

So here it is good to see a study which shines a light on a new factor in allowing prostate cancer to proliferate -- deficiency of **PHYSICAL ACTIVITY**.

In previous #BondBriefings I have spoken of the role of frequent **sexual activity**, see: **Frequent Ejaculation avoids Prostate Cancer, Sept 2021** [29]; **Prostate: Use it or lose it, Aug 2003** [30].

Of the role of **SUNSHINE**, see: **More sunshine, less prostate, May 2007** [31]. **Sunless Men get Prostate Big C, July 2005** [32].

And of the role of **DIET**, see: **Diet Linked With Enlarged Prostate** [Butter, margarine bad, fruit, some zinc good], **Sept 1999** [33]. **Milk for Prostate Cancer, Aug 2000** [34]. **More prostate cancer insights** [Broccoli good], **June 2007** [35].

Good diet, good sunshine, good physical activity, good sexual activity: all this is pointing to the lifestyle we say as the way to go to avoid prostate cancer.

My personal experience does not have the weight of a scientific study but, for the record, I live the way we say and have a normally functioning prostate gland.

Continued from Page 1

Enforcing Social Norms: Bystander support crucial

Say the researchers, "What we've been ignoring is that the initial confrontation is not the end of the interaction. If other bystanders stay out of it, it's not without consequences.



My View? The members of a forager band are highly sensitive to the breaking of social norms and react swiftly to sanction backsliders.

Indeed, the internal harmony of the in-group is vital to its survival, so it is not surprising if we still retain the hard-wiring to feel outrage at social-norm breakers.

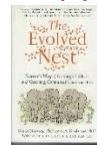
However today we do not live in closely knit societies and most people feel inhibited about intervening.

Personally, I have sensitively tackled norm breakers of this kind and it is a lonely experience. No one has ever displayed any support. The researchers say that just an approving nod is positive help.

Continued from Page 1

'The Evolved Nest' Review (V)

need welcoming social climates, responsive relationships, affectionate touch, self directed play, Nature immersion, connected holism, and regular healing practices."



In conclusion, says Narvaez: "When the 'evolved nest' was abandoned, well-being was too."

My View? All this aligns with the way that our forager ancestors nurtured children for 99.9% of human history. See: **Childhood**, [Deadly Harvest](#), [chapter 8](#) [36] p. 218.

Continued from Page 1

Egg production types

However, that is not how most eggs are produced and consumed. In USA each state



has its own regulations, but they are similar in terminology and definition

to those practised in the UK & Europe. In descending order of acceptability they are:

- **Organic eggs.** In addition to Free Range, have an organic diet and are raised on organic land. Flocks must have access to the outside for eight hours a day as well as outdoor shading.
- **Free range eggs.** Hens are kept in large barns (as for Barn eggs, below), but they also have access to the outdoors.
- **Barn eggs.** Hens move around freely with access to foraging and dust-bathing materials, but indoors.
- **Caged eggs.** These are from hens kept in larger, enriched colony cages and the packaging isn't allowed to feature 'farm' descriptions, farmyard/country scenes or pictures of free-roaming hens.
- **Battery eggs.** Banned in UK & Europe; some US states do permit them.

What we do is use **Pasture** (or **Farmyard**) eggs when we can, **Organic** eggs when we must. Versions of the foregoing are, in addition, **Omega-3 rich** and we opt for those where available.

Paleo in a Nutshell: Geoff's latest work encapsulates, concisely and easily, current thinking on living the way nature intended. www.paleo-nutshell.com



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